

CLOTHING AND EQUIPMENT LIST

All the items listed below are important and must be brought. Only the essentials are needed and these must be light and warm. This is a minimal gear list for the program.

CLOTHING

Quantity	Item Description	Check
1	Sturdy Hiking Boots, Walking Shoes or Runners (Should have good grip and be worn in)	
1	Night time shoes (Something comfortable for indoors activities)	
1	Water shoes (Old runners are great – no thongs)	
1 pair p/day	Underwear	
1 pair p/day	Socks – “Explorer” type socks are highly recommended <i>Pack extra socks in the event of wet weather or you need a change after water-based activities – 2/3 pair of socks a day is recommended</i>	
1	Bathers (no bikinis)	
2	Thermals – Wool or Synthetic, not cotton	
2	Long pants – Synthetic are best, zip off cargo pants are very useful, NO JEANS	
2	Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS	
2	Long Sleeved Shirts with collar – Synthetic, please avoid cotton where possible	
2	Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLETS	
2	Fleece or Wool jumpers – Thick and Warm – No cotton jumpers	
1	Broad Brim Sun Hat	
1	Beanie	
1 Set	Pajamas or similar items to sleep in	

NO COTTON – NO AEROSOLS – NO NUTS

EQUIPMENT

Quantity	Item Description	Check
1	Sleeping Bag – Synthetic or Down. Comfort rating to 0 – 5 degrees	
1	Fitted sheet for a single bed	
1	Pillow and Pillow Case	
2	Towels – One for showers and one for water activities	
1	Small day pack – to carry rain gear (OEG provided), drink bottle, snacks, personal medications etc. <i>Day pack needs to be big enough to fit rain gear, food, water, spare clothes, camera etc. PLEASE, NO SMALL BAGS OR TOTES.</i>	
3	Orange “Multix” brand Garbage Bags – For waterproofing during campout	
3	Green or black garbage bags – large	
2	1 Litre Water Bottles	
1	Head Torch and Spare Batteries	

PERSONAL ITEMS

Quantity	Item Description	Check
1	Roll of toilet paper (double bagged in two snaplock bags)	
1	Personal 1st aid kit (e.g. bandaids, roller bandage and strapping tape)	
1	Toothbrush & paste, hairbrush, deodorant (no aerosols)	
1	Insect Repellent (20% DEET is good) (no aerosols)	
1	Sunscreen, zinc, lip balm	
1	Labelled personal medications	
1	Small bottle of hand sanitiser	

OPTIONAL

- ▶ Long sleeved rash vest
- ▶ Down Jacket or Vest
- ▶ Neck warmer, buff or scarf – Not cotton
- ▶ Warm gloves (Not cotton)
- ▶ Camera in two plastic bags
- ▶ Diary/journal for writing (including a pen)
- ▶ Cards
- ▶ Scarf